

Weather Massage

Once there was a big yellow sun

- One hand on the shoulder, the other hand makes clockwise circles on the back

that warmed the whole world.

- Make sun rays to the side of where the circle has been 'drawn'

But clouds appeared and covered the sun

- Small circles with finger tips

Then came the wind, which blew and blew harder and harder

- Move hands across back applying increasingly firmer pressure

until the wind turned into a tornado and hurricane

- Make vigorous circles on back using finger tips

Then came lightning

- Make 'lightening' zig zags with finger tips

and thunder.

- Pat on the back with cupped hands

Next came the rain.

- Stroke down the back beginning at the shoulders

It rained harder and harder

- As above, increasing the pressure

until the rain turned to hail.

- Patter on the back using finger tips

Then it began to snow and everything was white and beautiful,

- Press slowly and lightly with fingers over the back

the only thing to see was the cat that climbed the roof of the house

- Starting at the base of the spine, to one side of the spine, not on the bones, roll hand up towards the neck

Finally, a fog appeared and everything became still.

- Lay hands still on the back

The sun came out and burned the fog away and warmed the earth once more

- Begin at the centre of the back. Slowly make a circle, getting bigger and bigger, finish by rubbing shoulders then faying hands still on the shoulders.

Based on a massage story by Toni McGloin and Jan Nation, Fordwater School, Chichester

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